



HOLISTIC VA PROGRAM

Woody Curry

The Baltimore Station

Presentation For The

Substance Abuse and Mental Health Services Administration

The Baltimore Station Mission Statement

“To Provide rigorous self-help programs in a safe, caring environment. To support individuals transitioning through the cycle of poverty, substance abuse and homelessness to self-sufficiency.”



Recovery Starts Here



Recovery Starts Here

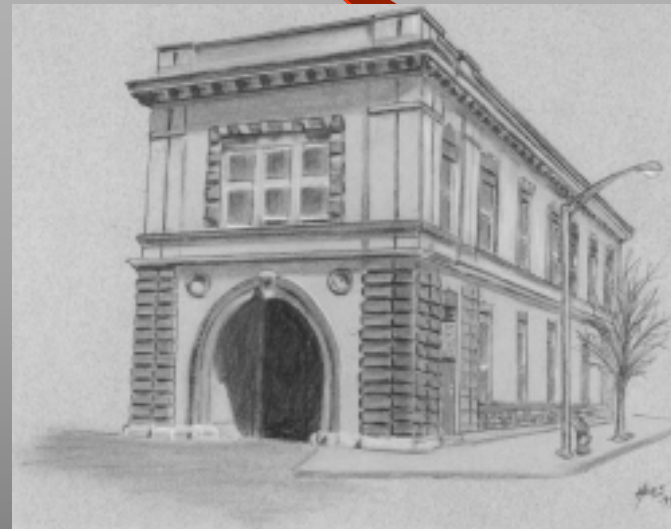
Resident Facilities

**Veterans*

Seton Hill
700 N Eutaw Street
Baltimore, MD 21201



**Non Veterans*



South Baltimore Station
140 W West St.
Baltimore, MD 21230

Funding Sources

- *The Veterans Administration*
- *Baltimore City Office of Homeless Services*
- *Private Donors*
- *Fundraisers*



Holistic VA Program

- **Baltimore Station –
Therapeutic Community –
ASAM Criteria Level III.I**
- **15 Hours per week group
oriented treatment for
substance related disorders**
- **Use military experience with
teams/groups to foster
cohesiveness**
- **Common goal – recovery/re-
integration into world of
work, education, family**



Recovery Starts Here

Holistic VA Program

- Treatment directed towards recovery skills, emotional functioning, personal responsibility
- Mutual self-help meetings on site



Recovery Starts Here



Recovery Starts Here

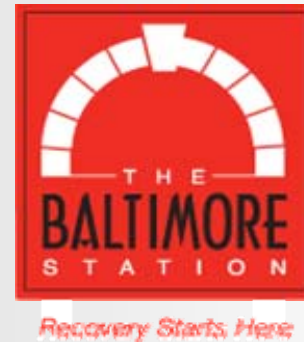
STAFF

- **Associate Director/Clinical Supervisor**
- **Program Coordinator**
- **5 Full-time Addictions Counselors**
- **2 Americorps Interns**
- **2 Counselor Trainees**
- **4 House Managers**

**Case management provided by Counselors under supervision
of Clinical Director**

LIVING ENVIRONMENT

- Renovated fire house – common sleeping area (barracks style)
- Common dining area
- Day room for reading, cards, TV, etc.
- Little opportunity for isolation
- Generates therapeutic alliances (buddies)



WRAP AROUND SERVICES

- **VA Medical Center, Baltimore, MD**
- **Referral by Outreach Social Worker – LCSW from Health Care for Homeless Veterans (HCHV)**
- **VA Medical Center for outpatient medical and mental health care**



Recovery Starts Here

Educational Services

- **GED – South Baltimore Learning Center**
- **Baltimore City Community College**
- **Northwest Learning Center**
- **Dept of Rehabilitation Services (MD State)**
- **VA Vocational Rehab -20% or more disability**



Job Re-Training

- Cathedral House Re-entry Program
- STRIVE
- Baltimore Goodwill Industries
- Connor Environmental
- Project New Start (Dept of Labor)
- Vocational Rehab (VA or MD)



Holistic VA Program Treatment

- **Focal Point for Each Client**
- **Stages of Change Transtheoretical Model**



Recovery Starts Here

Holistic VA Treatment Program

Clients in pre-contemplation stage

- **Receive acupuncture treatment**
- **Learn relaxation techniques including Yoga**



Recovery Starts Here



PROGRAM DESIGN

Hybrid of Three (3) Treatment Modalities

- **28-day intensive educational regimen**
 - ✓ **Addiction is a brain disorder**
 - ✓ **Drug use is a behavioral problem**
- **Stage 2 half-way house**
 - ✓ **Self-diagnosis**
 - ✓ **Changing behavior**
- **Transitional stage – Community involvement**

PROGRAM DESIGN

- Relapse prevention mandatory at all stages
- Interaction with volunteers from business, academic, religious communities
- Successful clients may be referred to longer term transitional housing



Holistic VA Program Treatment

- **Individualized Treatment Plan (ITP)**
for each client
- **ASI used to**
 - ✓ **Assess**
 - ✓ **Diagnose**
 - ✓ **Develop treatment plan**



The Baltimore Station Holistic Treatment Program

Wynwood N. Curry, M.S., CAC-AD
Clinical Director



Recovery Starts Here

THE BALTIMORE STATION

Administrative Offices located at 28 E. Ostend St.

Baltimore, Maryland 21230

410-752-4454

The South Baltimore station

140 W. West st.

Baltimore Maryland 2123

410-752-5917

The Seton Hill Station

700 Eutaw st.

Baltimore Maryland 21201

410-462-2585

